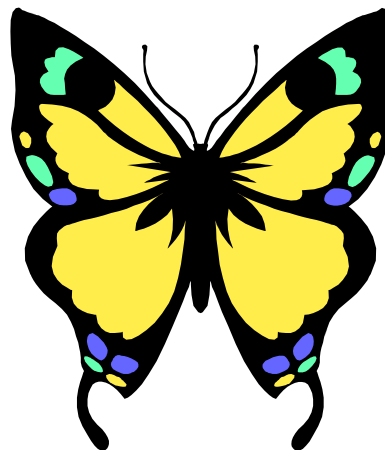


# Coping with Life ALONE

## *BEGINNING EXPERIENCE OF SACRAMENTO*

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*The focus of Coping with Life Alone is to offer you the support and encouragement you need to deal with the pain of your loss and to help you look with renewed hope towards a fulfilling future.*

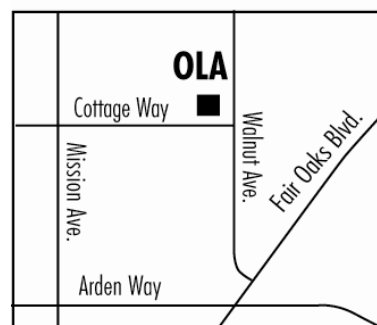
**When:** Starting January 8, 2010

**Time:** 7:00 – 9:00 p.m.  
*(Please come by 6:45 the first week to register)*

**Place:** Our Lady of the Assumption Church

**Fee:** A registration fee of \$10.00 **And**  
a weekly meeting fee of \$5 per week  
or you can prepay \$40 for all ten sessions (\$50.00  
including the registration fee.)

**Map to Our Lady of Assumption Church**



5057 Cottage Way  
Carmichael, CA 95608  
(at Walnut Ave.)

**Contact:** *For more information call (916) 835-2282 or  
visit our web site at: [www.sacramentobe.org](http://www.sacramentobe.org)*

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Beginning Experience Support Group has been offering special programs for more than 30 years. Its purpose is to offer a community for friendship, guidance, strength and companionship for men and women of all faiths who are now alone due to death, divorce or separation from a loved one.

Please share this flyer. We look forward to seeing you at Beginning Experience.